

## **TRAVELING WITH AN INSULIN PUMP**

### ***Preparing for travel:***

- Schedule an office visit with your healthcare provider at least 4-6 weeks prior to travel.
- Become familiar with foods at your destination and their carbohydrate amounts.
- Review your medical insurance regarding medical coverage outside of Canada.
- Develop a back-up plan for time off the pump in case of a technical emergency.
- Bring 2-3 times as many pump supplies as you may require, along with long-acting insulin, syringes, and/or insulin pens – pump supplies and related products may not be available in other countries or may require a prescription to purchase.

### ***Packing for travel (travel checklist)***

- Back-up loaner pump if travelling out of the country
- Insulin sets and cartridges
- Insulin (rapid and long-acting)
- Blood glucose monitor and test strips
- Lancing device and lancets
- Skin preparation dressing or adhesive
- Extra batteries for pump/meter
- Extra battery cap and cartridge cap for pump
- Extra pump clip and/or pump case
- A list of current pump settings
- Syringes or insulin pens
- Sharps container
- Ketone testing strips / ketone meter
- Hypoglycemia treatment (glucose tabs, Glucagon, etc.)
- Medications in original packaging
- Emergency contact numbers

### ***Traveling with a pump***

- Pack medications in original bottles and packaging in your carry-on luggage.
- Keep food and hypoglycemia treatment within easy reach in your carry-on luggage. Do not pack these in your checked luggage or in overhead bins.
- Be aware that higher altitudes and warmer temperatures might decrease or increase insulin requirements. The insulin in your pump needs to be kept between 8 to 30 degrees Celsius.
  - If you are travelling greater than 28 days, your extra insulin (vial/cartridge) needs to be kept in the fridge.
  - Frio packs are helpful to keep insulin cool. These can be purchased at some pharmacies and on-line
- Test blood sugar often! Changes in eating, sleeping and activity can affect your blood sugar.
- **Remember to reset the clock on your pump when you reach your destination and when you return home.**

### ***Passing through airport security***

- Notify screeners if you are wearing an insulin pump and transmitter.
- X-ray may damage your insulin pump and transmitter. Your pump and transmitter should not go through X-ray machine that is used for screening carry-on bags or checked luggage.
- Whole body imaging technology is also a form of x-ray and you will need to disconnect from the transmitter and your pump at insertion site if you opt to go through the body scan instead of manual search.